

Italian Roasted Vegetables

1/3 cup extra-virgin olive oil
3 medium carrots (about 3/4 pound) cut into 1 1/2-inch thick circles
1 1/2 cups Brussels sprouts (about 1/2 pound), halved **4 cups**
red potatoes (about 1 pound), cut into **1 1/2-inch thick slices** **3**
medium parsnips (about 1 pound), cut into 1 1/2-inch thick slices
1 cup sweet potatoes (about 1 pound), cut into 1 1/2-inch thick slices
1 dry packet of Italian dressing
2 tablespoons freshly ground black pepper

Preheat oven to 400 degrees F. Grease an 11 by 17-inch baking sheet pan with extra-virgin olive oil. Place vegetables in baking sheet and sprinkle with dry Italian mix and pepper. Toss well, evenly coating all the vegetables with the seasonings and oil. Add more oil if the vegetables seem dry

Spread the vegetables evenly on a large baking sheet. Place on middle rack in oven and bake for 35 to 40 minutes.

Brussels Sprout Salad

For the Dressing:

3/4 cup vegetable oil
1/4 cup extra-virgin olive oil
1 tablespoon honey
2 tablespoons white vinegar
1 1/2 teaspoons fresh lemon juice
1/4 teaspoon grated lemon zest
1 teaspoon whole-grain mustard
1/2 small clove garlic, minced
Kosher salt and freshly ground pepper

For the Salad:

1/2 pound Brussels sprouts, leaves only (3 1/2 cups leaves)
1 tablespoon dried blueberries
2 tablespoons dried cranberries
2 tablespoons smoked almonds (or roasted plain)
1/2 ounce Parmesan cheese, shaved or shredded **Ba-**
gel chips, for serving (optional)

Make the dressing: Whisk the vegetable oil and olive oil in a small bowl. In a large bowl, whisk the honey, vinegar, lemon juice, lemon zest, mustard, garlic, 1/2 teaspoon salt and a pinch of pepper.

Slowly whisk the oil mixture into the vinegar mixture until combined. Refrigerate at least 1 hour; store in an airtight container up to 1 week.

Make the salad: Toss the Brussels sprout leaves, dried blueberries and cranberries, almonds and 1/4 cup dressing in a large bowl. Pile the salad onto a plate. Top with the Parmesan and season with pepper. Serve with bagel chips, if desired.



Crispy Balsamic Brussels Sprouts

1 lb. fresh Brussels sprouts

1.5 tbsp. olive oil

2.5 tbsp. balsamic vinegar, divided

2 cloves fresh garlic, minced

1/2 tsp. salt

1/4 tsp. freshly ground black pepper

Preheat oven to 450. Cover a baking sheet with aluminum foil and set aside.

Rinse sprouts in cool water and then chop off the tough ends. Chop sprouts in half.

Whisk together oil, half the balsamic vinegar, minced garlic, salt, and pepper. Drizzle it over the chopped sprouts and then toss to combine. Spread the sprouts out evenly over the baking sheet.

Roast for 20-25 minutes or until the sprouts are tender-crisp. Drizzle with the remaining vinegar, and sprinkle with salt to taste.

Serves 4, each serving contains; Calories 105, Fat 5 g, Protein 4 g, Carbohydrate 13 g, Fiber 4 g, Cholesterol 0 mg, Sodium 326 mg.

Chicken with Brussels Sprouts and Mustard Sauce

2 tablespoons olive oil, divided

4 (6-ounce) skinless, boneless chicken breast halves

3/8 teaspoon salt, divided

1/4 teaspoon freshly ground black pepper

3/4 cup fat-free, lower-sodium chicken broth, divided

1/4 cup unfiltered apple cider

2 tablespoons whole-grain Dijon mustard

2 tablespoons butter, divided

1 tablespoon chopped fresh flat-leaf parsley

12 ounces Brussels sprouts, trimmed and halved

Preheat oven to 450°. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with 1/4 teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven. Bake at 450° for 9 minutes or until done. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 1 tablespoon butter, and parsley.

Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned. Add remaining 1/8 teaspoon salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.

Serves 4, each serving contains; Calories 355, Fat 14.9 g, Protein 42 g, Carbohydrate 11 g, Fiber 3.5 g, Cholesterol 114 mg, Sodium 647 mg.

Shaved Brussels Sprouts Salad

1 pound Brussels sprouts

1/2 cup toasted walnuts

3 tablespoons finely grated pecorino Romano cheese

1 lemon

3 tablespoons extra-virgin olive oil

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Using an adjustable-blade slicer, thinly slice leaves of Brussels sprouts into a medium bowl. Add walnuts and cheese. Finely grate lemon rind into bowl; halve lemon, and squeeze juice into bowl. Drizzle with olive oil. Season with salt and pepper, and toss to combine. You can make the salad up to 20 minutes in advance.

Serves 6, each serving contains; Calories 172, Fat 14.5 g, Protein 5 g, Carbohydrate 9 g, Fiber 4 g, Cholesterol 4 mg, Sodium 249 mg.

The Best Brussels Sprouts Recipe

1 lb. Brussels sprouts
1 tsp. salt
2 tbsp. extra virgin olive oil
1 tsp. hot pepper flakes (adjust to your tastes)
5 cloves finely minced garlic
1/4-1/2 tsp. freshly grated nutmeg
1/2 cup freshly grated Parmesan cheese



Trim the ends of the Brussels sprouts and remove and discard any discolored outer leaves. If the sprouts are large (more than 1 inch in diameter), cut them in quarters lengthwise through the stem end. If smaller, cut them in half.

Bring 2 quarts of water to a boil, add salt and the sprouts. Boil the sprouts uncovered until they are just crunchy-tender (about 5 minutes). Drain the sprouts well.

Wipe and dry the pot and heat the olive oil over a medium heat. Add the red pepper flakes and garlic and sauté for 1 minute or until fragrant. Add the sprouts and nutmeg and sauté for another minute. Mix the Parmesan cheese and toss the sprouts until the cheese melts.

Serves 4, each serving contains; Calories 162, Fat 10 g, Protein 8 g, Carbohydrate 12 g, Fiber 4.5 g.

“Kid Friendly” Brussels Sprouts Recipe

1 pound fresh Brussels sprouts
3 Tbsp. olive oil
3 Tbsp. honey
1 1/2 tsp. garlic salt
Black pepper to taste
1/4 cup dried cranberries
1/4 cup Parmesan cheese

Preheat oven to 450 degree F. Cut the ends of Brussels sprouts and then cut in half. Whisk olive oil, honey, garlic salt and black pepper in a bowl and then toss with Brussels sprouts.

Spread on a baking sheet and sprinkle with dried cranberries and Parmesan cheese.

Bake for 15-20 minutes until golden brown.

Air Fryer Brussels Sprouts

2 cups halved Brussels sprouts sliced in half lengthwise
1 tablespoon olive oil OR maple syrup*
1 tablespoon balsamic vinegar
1/4 teaspoon sea salt

In a bowl, toss together the Brussels, oil or maple syrup, vinegar, and salt.

Air fry at 400F for 8-10 minutes, shaking (and checking their progress) after 5 minutes and then at 8 the minute mark. You’re going for crispy and browned, but not burnt! Serves 2.



Steamed Vegetables with Chile-Lime Butter

Serves 4 60 calories/ 35 from fat

Steaming is a healthy, easy way to cook fresh vegetables. The technique requires no added fat, and vitamins remain in the vegetables instead of leaching into the water, as can happen with boiling.



Ingredients:

2 tablespoons butter or margarine
1 small clove garlic, finely chopped
1 teaspoon grated lime peel
1 teaspoon finely chopped serrano or jalapeño chile
1/2 teaspoon salt
1 tablespoon fresh lime juice
3 cups cut-up fresh vegetables, such as broccoli florets, cauliflower florets and/or sliced carrots

Directions:

1 In 1-quart saucepan, melt butter over low heat. Add garlic; cook and stir about 20 seconds. Add lime peel, chile, salt and lime juice; mix well. Set aside. **2** In 4-quart saucepan, place steamer basket. Add 1 cup water; heat to boiling. **3** Add cut-up vegetables to basket; cover and cook 4 to 5 minutes or until crisp-tender. **4** To serve, place vegetables in serving bowl. Add butter mixture; toss gently to coat.

Stir-Fried Chicken and Vegetables

Total: 22 min Prep: 10 min Cook: 12 min
4 servings

Ingredients:

- 1 tablespoon peanut oil
- 2 to 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 medium onion, diced
- 2 cups sliced carrots
- 1 red bell pepper, seeded and sliced into thin strips
- 2 cups sugar snap peas
- 1 (15-ounce) can baby corn, drained
- 2 cups broccoli florets
- 1/4 cup reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 cup reduced-sodium chicken broth

Directions:

Heat oil in a wok or large skillet over medium-high heat. Add garlic and ginger and cook 1 minute. Add chicken and cook 3 to 4 minutes, until starting to brown, stirring constantly. Add onions, carrots, and peppers and cook 1 minute. Add snap peas, corn and broccoli and cook 2 minutes. Add soy sauce and cook 2 minutes, until vegetables are crisp-tender.

Dissolve cornstarch in chicken broth in a small bowl and add to wok. Simmer 2 minutes, until sauce thickens. Serve over rice.



Roasted Cauliflower

Serves 4 Serving Size : 1 Cup
90 calories per serving/ 4 g fat



Ingredients:

- 4 cups cauliflower (1 small head)
- 1 tablespoon oil (canola, olive, or vegetable)
- 1/4 cup bread crumbs
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 teaspoon garlic powder

Directions: 1 Preheat oven to 425°F. 2 Wash cauliflower under running water. Cut into florets. 3 Mix cauliflower and oil in a medium bowl. 4 Sprinkle bread crumbs, salt, pepper, and garlic powder on the cauliflower. Stir until combined. 5 Line cookie sheet with foil and spray with cooking spray. Lay cauliflower out in a single layer. 6 Bake for 15 minutes, stir, and return to the oven. Bake for 10 minutes more or until tender.

Tips:

Chop the whole head of cauliflower at one time. Pack extra cauliflower florets in snack sized containers for lunches.

To make your own bread crumbs, preheat oven to 300°F. Put two slices of bread on a cookie sheet. Bake the bread until it crumbles easily (about 15–20 minutes). Seal the bread slices in a plastic bag and crush the bread. Store the leftover bread crumbs in an airtight container in the freezer.

Braised Radishes

Prep time: 10 minutes Cooking
time: 15 minutes Makes: 3 cups

Serves 4 Serving size : 3/4 cup
35 calories per serving/0 fat

Radishes are also tasty in a stir-fry or green salad

Ingredients:

- 4 bunches of radishes (30 to 36 radishes)
- 1/2 cup water
- 2 tablespoon sugar
- 1/2 teaspoon salt

Directions: 1 Wash radishes and remove stems and roots. Cut in half or quarters. 2 In a medium saucepan or skillet, bring water, sugar and salt to a boil. 3 Add radishes and reduce heat to simmer. Cover and cook until radishes are tender and can be pierced with a fork, about 5-7 minutes. 4 Uncover and cook until liquid reduces to make a shiny glaze. Serve warm. 5 Refrigerate leftovers within 2 hours

